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### Doctor Confirms Findings of Blood Pressure Remedy

**EXTRACT OF LIVER FOUND TO  
REDUCE ARTERIAL HYPER-  
TENSION.**

TORONTO, Dec. 2. — (C.P.) — Six months of quiet but intensive work in the physiology laboratories of the University of Toronto, undertaken to test the use of extract of liver as a possible treatment for high blood pressure, was reported here last night by Dr. W. J. Macdonald, of St. Catharines, Ont. Dr. Macdonald, whose investigations announced last May held the first promise of relief for sufferers from abnormally high blood pressure, spoke at a dinner tendered to him by the Academy of Medicine.

The experiments have confirmed the first findings entirely, he said, and both continued treatment of laboratory animals and a preliminary chemical analysis of the potent extracts indicate that the discovery is at the same time old and new. It is old in the sure and accepted foundation on which it is based, and new in the possibilities which it presents for a weapon more powerful than any known before with which to attack the prevalent ailment of high blood pressure, and the attendant complaint of hardening of the arteries. The facts as revealed by the investigation to date were summarized by Dr. Macdonald as follows:

"An extract of liver has been obtained which possesses the property of reducing to a certain extent arterial hypertension when there are no complications. 'This extraction contains neither protein nor peptone—but contains histamine in small quantities. It contains choline in relative large quantities. It is quite possible the effect produced by a proper combination of these two substances may be responsible for the lowering of pressures noted in both laboratory animals and clinical cases.

#### Unknown Substance.

It is more probable, however, because of the much greater effect produced by a given quantity of extract than can possibly be obtained by injection of even many times the quantity of histamine and choline contained in the said extract, the result is due to an unknown substance, or that this unknown substance may activate either the histamine or the choline or both.

Intramuscular injection is much more efficacious than the intravenous. The extract is more effective in hypertension than in normal cases." Pointing out that much still remains unknown, the doctor said: "Whereas our method of assaying the extract in units is definite, we have as yet no method of determining the dosage in units for any given cases. Neither have we any method of determining our selection of cases for treatment."

In the meantime, sufferers are given the assurance that the corps of investigators is at work night and day to supply the data on which wide

use may be based, and the resources and machinery which perfected insulin speedily stand ready to work on the liver extract.

Detailing his early experiments with the liver extract on rabbits, Dr. Macdonald told how of 28 animals injected, the effect on 21 of them was so violent that the blood pressure was lowered to zero, and the rabbits consequently died. This was owing to the fact that there was no clue as to the proper dose. Of the remaining animals, five displayed a long and decided fall in blood pressure, and in the case of two there was no effect. Similar, but more conclusive results, were obtained in the case of dogs and cats, which were studied by the score, and they are at present being used for all the investigations on animals.

Among the vital points which have been definitely settled is the fact that the lethal dose is definite and can be ascertained, and hence, that the preparation can be used with some safety. "The effect appears to be in direct proportion to the amount administered, and to the weight of the animals," Dr. Macdonald stated.

#### Proper Doses

Equally important is finding that proper doses can be given without deleterious effects, experimental animals were intentionally overdosed in order that effects might be traced which would injure the tissues, organs or body as a whole. Post-mortem examinations indicated that only such unfavorable effects were obtained, as could be prevented by the use of a reasonable dose. The ill results, if any, were much the same as when fatal doses of histamine, an older, but feeble depressor substance, were administered, and hence the workers knew what to watch for and what to prevent. Here again the beauty of liver preparations was evident from the fact that the ill effects of histamine, though slight, were minimized with liver extract, since a very much smaller quantity served the purpose.

Not satisfied with this, it was decided to treat animals with correct doses, but at frequent intervals, in order to reveal any unfavorable cumulative effect of small doses. Here again it was found that there were no detrimental results. Dr. Macdonald summarized this set of data as follows: "Both toxicity tests on laboratory animals and the effects of the extracts on the isolated heart have not revealed any unfavorable action which would contradict their repeated injection into man. Repeated injections at intervals of several days have not brought out any anaphylactic-like reactions."

Progress has been made also on the standardization of the product, since it would not be possible to prescribe doses unless there were a yardstick by which to measure the material. Success has been obtained in this direction by comparing the extracts with histamine, which is a standard laboratory product readily obtained in known concentration.

Chemists of the Connaught Laboratories who undertook to probe the constitution of the liver extracts soon

found that both histamine and choline, another depressor, were present. Following this lead, Dr. Macdonald and his colleagues tried mixtures of these two substances, and, as was expected, a lowering of blood pressure was obtained. The liver extracts remained by far the most potent, however, and, more important, they caused a pronounced fall of long duration. Any previously known substance, including either choline or histamine, caused only a temporary drop, and therefore held little hope for a clinical product. This phase of the research shed light on the mechanism by which liver extract acts, and suggested that in it was some elusive but powerful mixture of choline and histamine, or else some hitherto unknown substance of a similar nature.

### Growing Old

**Some Secrets of Perpetual Youth—  
The Disillusions of Age—The  
Palace We Want and the Shed We  
Get.**

By TERENCE TRAHERNE.

"Weekly Post" Special)  
To everyone there comes a day when they realize with a sense of shock that they are growing old. Sometimes the occasion is a birthday; or when shaving a man notices he is growing bald; or a woman combing her hair sharply detects a silver streak, and with a pang she knows her fresh young beauty is passing. Dr. Karl Pearson recently said that a man reaches his highest development at the age of twenty-seven.

But against such a cruel verdict of the scientist it is comforting to dwell on the perennial youth of a Bernard Shaw or of other young "old men" we all know, like the gentleman over eighty who began learning Spanish in a class I once attended, because it was going to be useful to him in his business, as his firm was opening up in South America.

To most people it is not the fact that they are ageing which brings a pang. It is the disparity between their ambition or desire and their inadequate achievement. As a wise man once said: "The youth sets out to build a palace, and ends up by helping another fellow to put up a wooden shed." This contrast is not most poignantly felt by the average man who has failed to realize the rose-coloured dreams of his youth, but by those geniuses who feel that death will snatch them before they have uttered what they feel they must pass on to their fellows.

That was the tragedy of Keats, who worked three times as hard as an ordinary man to pass on something of his vision before his young life had ebbed away. He joined in a grim race with death, and left a fragmentary, but immortal, legacy of poetry. Victor Hugo, shortly before his death, in spite of his long life and immense output of work, said he had only expressed one-hundredth part of what was in him to write about life.

#### The Secret of Achievement.

Probably the truth is that most people who take life seriously expect

too much of themselves. There are only 24 hours a day, and life offers so bewildering a choice and variety of human activity that people dissipate their energies over too big a field. There is a profound saying of Goethe: "By limitation the master reveals himself." This, probably, is the deepest secret of all truly great achievement. It is a lesson which is badly needed by the modern man in the modern world. Life for half the people is a gradual discovery of their powers, and for the other half a gradual realization of their limitations. Some people go down to the grave without learning either. Happy is the man who in his youth has discovered both his strength and his weakness. The trouble with a lot of young men and women to-day of the introspective type is that they are like swimmers shivering on the brink of life. They want to stay the passing years, but they are afraid to take the plunge into life until they have perfected their philosophy, until they are quite sure of themselves. But until they plunge, they cannot be sure of anything. The only philosophy of life worth having is one that has been purchased by actual living. One gets a scrap here and a scrap there—the slowly accumulated results of a sincere heart and mind working on its experiences.

#### The Women of 45.

It is no good rebelling against time. The acceptance of the fact that we are growing old is the necessary preliminary to acquiring a satisfying philosophy of age. And involved in that acceptance is the need to live only in the present. This may seem paradoxical, but the fact of the matter is that those people who are unhappy because they are growing old are unhappy simply because some parts of them are living in the past. This is the plight of the pathetic woman of 45 who in her dress and manner is trying desperately hard to convince herself and other people that she is only 25. That is not keeping young. It is refusing to grow old. There is all the difference in the world. Possibly if she had lived fully and healthily like a girl of 25 when she was 25 she would now probably have no desire for her ridiculous pretence.

It is right the boy should live the life of a boy, and for a young man or woman to drink of the pleasures of youth. A tragedy is the man whom circumstances robbed of the joys of boyhood and the pleasures of youth. Instead of being old for his years he is of the type who has never grown up. St. Paul was after the same truth when he said "When I was a child I spoke as a child—but when I became a man I put away childish things." Or a modern psychologist, Dr. Hadfield, in his book, "Psychology and Morals," says: "The secret of perpetual youth is to grow old." This is to lose our life to gain it, to accept our age, to live in the present and to grow old gracefully.

#### Tragedy of Unpainted Picture.

Then there were those people equally mistaken who are always living in the future. They create fantasies of what they are going to achieve. They are going to paint a great picture, but they never set brush to canvas; they are going to write a great poem, but they never set pen to paper. Perhaps it is because they know in their hearts the actual attempt would be such a sorry failure that they prefer the perfect dream to the imperfect experiment. They grow old and fret at age and circumstance, and they die with the picture unpainted, the poem unwritten, and the music unsung. They have forgotten that life offers no opportunity in the past nor in the future, but life can only be lived in the present day to day effort.

The men and women who have conquered age, who have redeemed the past, and who create the future, are those who have their wholesome reflections on the past and their stimulating dreams of the future, but who never forget that actual living is an affair of the fleeting moment and the eternal present.

### Who Invented Radio?

Professor Henry J. Spooner, F.R.S., in a letter to Wireless, explains the pioneer work done by the late Professor David Edward Hughes, F.R.S., in the development of wireless.

"Hughes, using an interrupter and a small battery as the transmitter and a carbon microphone as a detector, succeeded in performing some very interesting experiments in wireless transmission and reception. He was, however, discouraged," states Wireless.

"It is a long story of intensive research in this fascinating field which led up to the triumph of successful aerial transmission in December, 1879, when, at the invitation of Hughes a small party, including W. F. Preece, F.R.S., Sir William Crookes, F.R.S., Sir W. Robert Austin, F.R.S., Prof. W. Gryll Adams, F.R.S., and Mr. W. Groves attended at his residence in Portland Street, W., to see the results." "This was followed by another demonstration on February 20, 1880, when the party included Mr. Spottiswoode, Pres. R. S., and the two Hon. Secretaries of the R. S.—Prof. Huxley and Sir George G. Stokes. They all saw the experiments upon aerial transmission, which were most successful, the results being heard upon

a telephone in connection with the receiving microphone.

"The transmitter and receiver were in different rooms, about 60 ft. apart. At first the distinguished scientists seemed astonished at the results, but towards the close of three hours' experiments Prof. Stokes said that all the results could be explained by known electro-magnetic induction effects, and therefore he could not accept Hughes' view of actual aerial electric waves, unknown up to that time, but thought he had quite enough original matter to form a Paper on the subject to be read at the Royal Society.

"On the departure of the distinguished visitors Hughes became so upset and discouraged at his inability

to convince Stokes of the truth of these aerial electrical waves that he declared nothing would induce him to read a Paper on the subject, and he never did. In fact, he felt so much wounded and annoyed that he was on the point of throwing a large pile of manuscripts relating to these discoveries on the fire when Mrs. Hughes rushed forward, and was just in time to rescue them.

"The profound Cambridge mathematician little knew how this one great unfortunate mistake in his brilliant life was going to retard the progress of a great discovery and invention for nearly two decades; for, although Hughes continued his work, he drifted into researches on magnetism and was content to sit

and see others rediscover what he already knew without making a single claim to priority; but it is not sad to think of how much his golden silence cost the world?"

### To Relieve Vagrant Children

MOSCOW, Russia, Nov. (C.P.)—Lunacharsky, the Russian Commissioner for Education, has appealed for subscriptions to relieve "hundreds of thousands of vagrant children, some degenerated into a state of semi-savagery, some bordering on idleness, while others have had their wits sharpened and excited by collision

with life that they have become dangerous enemies of society. He describes the problem as "the most terrible one on the Soviet Russian body."

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